



Intentional * Intuitive * Mindful

Your Wellness Journal

"Chase what you want; do not settle for what you can get."

Table of Contents

Topic	Page number
Why Intentional, Intuitive and Mindful?	3
Nutrition Tracking	4
What is Wellness	5
Your Wellness Intention	6
At Home Workout	7
Log Your Activity	10
Contact and Resources	11

“Sometimes you win; sometimes you learn.”

Why Intentional Intuitive and Mindful?

Studies show that the biggest predictor of behavior is **intention**. We all know that just because we intended to do something, does not mean we will. However, if we do not intend to, we certainly won't. To be intentional about your health means to make a plan that fits for you each day.

Try this: Upon waking in the morning, think about what you want to accomplish for your health and wellness. Write it down on your calendar or list. Or use this journal!

Intuitive means to have the ability to know or understand things without having concrete proof. You know how you feel, if you pay attention to your body. When you are working, exercising, eating, pay attention to how you feel. If an exercise is too much, stop or pick a different one. Don't just count your reps. Feel the muscles working and be grateful for your abilities.

Try this: While eating one meal today, pay attention to every single bite. Notice how it looks; how it smells. Appreciate the different tastes and textures. How it feels in your mouth. Chew it until it is almost gone. Feel it resting in your stomach. Notice when you are full.

To be mindful simply means to be present in the moment. These three things go together. If you are mindful about what you are doing, it is easier to be intuitive about how your body is feeling.

Try this: When you are acting on your intentions, stay present in that one action until it is complete. Keep yourself focused and do not get distracted by what is next, or what might happen, or what you need to make for dinner 😊 Yoga and meditation are very good at promoting this type of practice.

“Your mind is the strongest part of your body”

Nutrition Tracking

Fruit 

Vegetables 

Protein 

Water 

What is your nutrition intention for the day?

At the end of the day, how well did you follow your intention? Tell more about how your intention and you day aligned or did not align. Were you intentional, intuitive, and mindful?

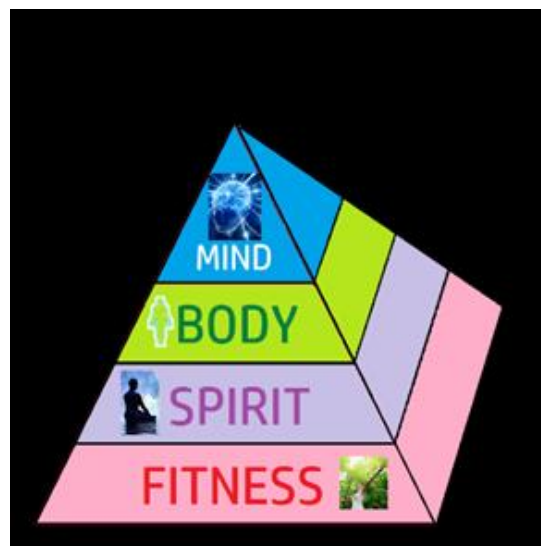
“I can do all things through Christ who strengthens me” Phil 4:13

Wellness

Ever has those days when you just do not feel right? You are frazzled and maybe have a headache, stomach, or back ache, but nothing is really wrong. It's a nice day. Everyone is mostly healthy. Work is mostly good, but still, you don't "feel good". Although you are not sick, you are not well. For whatever reason, your body is out of balance.

So even though, you may not be sick, you are not well. When you are well, you feel balanced. No chronic pain, no feelings of being overwhelmed. Wellness incorporates, you mind body and spirit. Exercise and activity can help promote over all wellness.

Exercise and activity are not just about being thin, or fast or tone. Exercise is empowering. It enlivens our spirit and stimulates our minds. It can calm us down and help us focus. Exercise connects mind, body, and spirit. Exercise helps us be well.



“Trust Future You to handle future problems.”

Your Wellness Intentions

Take time to set your wellness intentions for the day. Some examples might include, taking a walk, setting time to pray or meditate. Plan your meals.

Write your intentions and at the end of the day, review how well you did so you can plan tomorrow.



At Home Workout With or Without Weights

~ 2-4 sets of 15-45 sec. intervals ~

"Fitness is a process not a product"

1. Bench Squats



Weight in your heels. Tap the chair with your hips, stand back up.

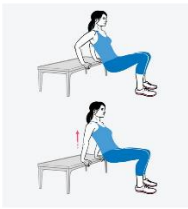
2. Push Ups (Narrow the space between your hands for added difficulty!)



3. Calf Raises (Challenge yourself and extend the time of each rep, or alternate using one leg at a time!)

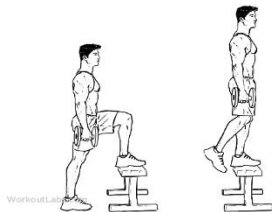


4. Triceps Dips

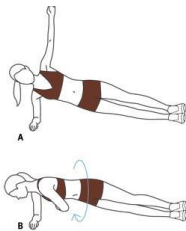


Bend at the elbow. Straighten your feet for more challenge.

5. Step Ups (Try lateral step ups as an alternative!)



5. Side Planks (Add a twist to target the obliques!)



Elbow directly under your shoulder. Try to hold for 30 seconds

Bend your knees and prop on your elbows and knees for a modification.

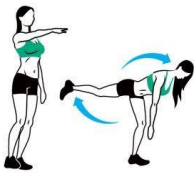
6. Skater Hops (Test your stability and stick the landing! Hold for 2-3 seconds)



7. In and Out Abs (Glue those knees together and remember to breathe!)

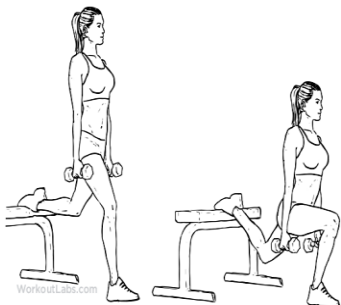


8. Single Leg Hip Hinge (Remember to keep the chin tucked and engage the core!)



Bend at the hips. Lead with your chest. Shoulder blades stay down and together

9. Bulgarian Split Squats (Keep your chest high!)



Weight on your front heel.

Log Your Activity

Track your activity. As an example, you can place a C for cardio and add the time in the box. RT for resistance training and S for stretching. You can also devise your own logging strategy.

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>

“Today is a good day to work out!”

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Life Begins at the end of your comfort zone